

# Learned desires

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## Propositions

1. Eating desires are more easily learned than extinguished (this thesis).
2. The extinction of cue-elicited eating desires is not mediated by eating expectancies (this thesis).
3. Learning history and impulsivity are sources of inter-individual variability in conditioned appetitive responding (this thesis).
4. Learning processes provide explanations for the persistence of overeating and relapse observed in many dieters and they dictate new interventions that promote successful long-term weight loss (this thesis).
5. In the field of eating disorders and obesity, the clinical analogue of experimental extinction (cue exposure therapy) has received remarkably little empirical investigation; its mechanisms and effects should be studied more.
6. The experimental researcher should leave the laboratory every now and then to test his or her hypotheses in the natural environment – different rules may apply.
7. “We don’t know how to measure what we care about, so we care about what we measure” – *Richard Tapia*.
8. “The nail that sticks out farthest gets hammered the hardest” – *Patrick Jones, Nailed*.
9. These propositions only serve nostalgic purposes.